



With the holidays approaching, families will be spending more time together celebrating, making it a greater time to check in with your children and have important conversations. The end of the year can have a large effect on stress levels and mental health, which can increase the likelihood that an individual will try alcohol or drugs.

Talking to your child about drug and alcohol use can help them feel more confident if and when they are in a situation where drugs and alcohol are available to them. Holiday parties can bring opportunities for underage drinking and drug use. Give your child the tools they need to handle peer pressure and make educated decisions when you aren't there to help prevent alcohol and drug use.

Ways to Prevent Underage Drinking During the Holiday

Model Responsible Drinking

For adults, holiday parties may include alcohol. This is a good opportunity to lead by example and use your influence to help prevent underage drinking. If you're hosting a holiday party where all ages and alcohol are included, remember that kids are always watching. They often try to imitate the behavior of the people they respect and admire. [Get tips on doing more than just talking.](#)

Have Age-Appropriate Conversations About Alcohol

Kids may have more exposure to alcohol during the holiday season. Research shows that parents and other caring adults are the most powerful influence on a young person's choices about underage drinking. [Tips for having age-appropriate conversations about alcohol.](#)

Prepare Kids For Situations with Alcohol

Kids who have tools to handle peer pressure are more likely to make healthy choices and stay alcohol-free. For young people, finding ways to navigate social situations and stay alcohol-free takes practice and support. [Tips for helping kids when they're on their own.](#)

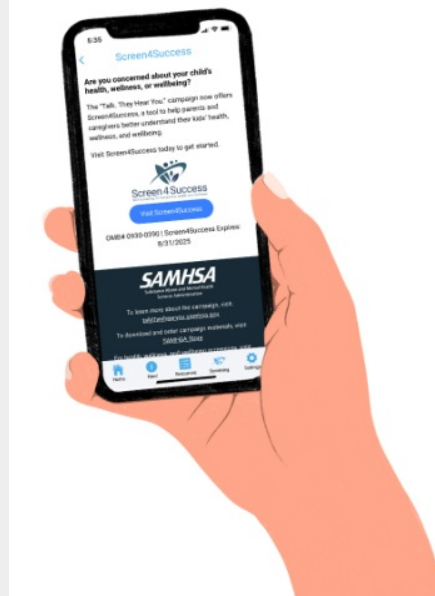
Limit Opportunities for Alcohol Use

If you're hosting an adult holiday party where alcohol is present, make sure you have other plans for kids or consider hosting an alcohol-free event. That's good for you, good for guests who may be in recovery from an alcohol use disorder, and kids. If you are at an event where all ages are included, model moderate drinking or choose not to drink. Adults should avoid binge drinking and driving after drinking. Pregnant people should not drink. [Tips for doing more than talking.](#)

Talking with your kids early and often about underage drinking and other drug use can help keep them safe. But how do you know if your child needs more support, and where do you go to find it?

SAMHSA's new tool Screen4Success is designed to help parents and caregivers better understand health, wellness, and wellbeing of their children by asking questions about substance use, mental and physical health, general wellbeing, and family life. It provides an easy way for parents and caregivers to identify areas where their children may benefit from additional support.

You can access the Screen4Success tool on a mobile device through the "Talk. They Hear You." campaign mobile app for free through the [Apple Store](#), [Google Play](#), and the [Microsoft Store](#). For more information, visit [SAMHSA's Screen4Success page](#).



Delta-8 Tetrahydrocannabinol

Basic Information on Delta-8

Delta-8 is a form of THC, Tetrahydrocannabinol, the active ingredient in cannabis. Delta-8 is said to be about **50-75%** as psychoactive as delta-9 THC, which is found in cannabis. Though not sold as cannabis, delta-8 has been reported to create a 'high' similar to cannabis.

Delta-8 can be bought over the counter as vape cartridges, joints, blunts, gummies, syrups, and tinctures. Some packaging may abbreviate the label to "D8" or "Δ8."

Delta-8 is found in small traces in hemp and cannabis, and requires chemical conversion to increase concentration.

These processes can use unsafe household chemicals and may occur in uncontrolled and unsanitary settings, leading to the presence of contaminants and potentially harmful substances.

Delta-8 is not regulated because it can be extracted from hemp, which can be legally grown in Wisconsin. There are no regulations to monitor contents or strength of Delta-8 products.

Delta-8 is not identified separately from other forms of THC on standard drug tests, leading to positive test results.

Concerns About Delta-8

- ⚠ No warning labels on packaging
- ⚠ No federal or state laws setting a minimum age to purchase products
- ⚠ Easily accessible in grocery stores, gas stations, vape shops, and online
- ⚠ No FDA or DEA regulations to monitor what is in products; including concentration, harmful chemicals or metals, or illegal substances
- ⚠ Delta-8 products are often packaged and labeled in ways that may appeal to children
- ⚠ Delta-8 products may be advertised for uses that are not proven to be safe or effective

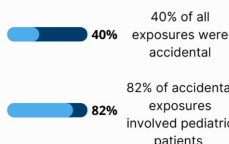
Possible Adverse Effects

hallucinations
sedation
coma
seizures
slurred speech
difficulty breathing
uncoordinated movements

anxiety
dizziness
confusion
vomiting
tremors



Poison Control Centers **received 2,362** Delta-8 exposure reports from January 1, 2021 to February 28, 2022



Learn More About Delta 8

It can be hard to keep up to date with the ever-changing cannabis landscape. Delta-8 is a trending form of THC, the active ingredient in cannabis, that is being sold across Wisconsin.

Since Delta-8 is not regulated and isn't age restricted by law, it is important to address misinformation on Delta-8 to help the community better understand this trending drug. This fact sheet was created to provide information on Delta-8, including basic information, possible side effects, concerns, and what we can do to make our community safer for everyone.

View the [full fact sheet](#) at [GetInvolvedASAP.org](#).

New: Fentanyl Facts for Parents and Caregivers

The new Drug Enforcement Administration's resource, *What Every Parent and Caregiver Needs to Know About Fake Pills*, informs parents so that they can recognize fentanyl in disguise. The fact sheet presents facts including the dangers associated with fentanyl, the harmful effects of the substance to

mental and physical health, and how children are getting this drug. It also provides tips for parents and caregivers about talking with their children about the dangers of fentanyl.

View the DEA's fact [sheet here](#).

What Every Parent and Caregiver Needs to Know About FAKE PILLS

DRUG ENFORCEMENT ADMINISTRATION • Public Safety Alert

What is fentanyl?

- It is a deadly synthetic opioid that is being pressed into fake pills or cut into heroin, cocaine, and other street drugs to drive addiction.

FENTANYL IS 50x MORE POTENT THAN HEROIN

What are fake pills?

- The Sinaloa Cartel and Cartel de Jalisco Nueva Generacion are making fentanyl and pressing it into fake pills. Fake pills are made to look like OxyContin®, Xanax®, Adderall®, and other pharmaceuticals. These fake pills contain no legitimate medicine.
- Fentanyl is also made in a rainbow of colors so it looks like candy.

Why is fentanyl so dangerous?

- DEA lab testing reveals that six out of every ten fake pills with fentanyl contain a potentially lethal dose.

What are the physical and mental effects of fentanyl?

- Fentanyl use can cause confusion, drowsiness, dizziness, nausea, vomiting, changes in pupil size, cold and clammy skin, coma, and respiratory failure leading to death.

Visit www.dea.gov/onepill for more information and resources for parents and caregivers

*Photos of fake pills do not represent all available fake pills.

ONE PILL CAN KILL

Date as of November 2022

Trainings Available for Parents



Holiday Stress and Self-care

The “most wonderful time of the year” doesn’t always feel that wonderful. Demands on our time and energy often leaving us feeling tired, disappointed, and depressed. This one-hour seminar includes practical tips to manage the stress that accompanies the holidays,

prioritizing self-care, and getting the support you need. Let’s bring more “peace & joy” back into your holiday season!

This event will be Wednesday December 7th, from 12PM - 1PM.

Reserve a spot [here](#).

Drug and Alcohol Impacts on Youth: What Caregivers Need to Know

Mayo Clinic Addiction Specialist, Dr. Tyler Oesterle, M.D., discusses what you can do to keep children safe and away from drugs and alcohol. Learn what to look for when children may be using drugs and alcohol, and the health risks that are involved.

View the recorded webinar [here](#).



Learn More

This is a quarterly newsletter sent by the Alliance for Substance Misuse Prevention.

The Alliance is an Eau Claire County coalition working to address, prevent, and respond to substance (mis)use. Partners of the Alliance include businesses, health care systems, education and schools, youth-serving organizations, treatment and recovery services, people with lived experience, parents, law enforcement, and many more.

To learn more about our work, visit www.getinvolvedasap.org

Visit the Alliance Website



Learn more by visiting our
website or following us on
social media

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